



Nancy's Nourishing Kitchen

Fruit Crisp

Ingredients:

Filling

5-7 cups fruit
1 teaspoon vanilla extract
2 tablespoons arrowroot (sub all purpose flour)
1/4 teaspoon fine sea salt

Topping

5 tablespoons butter or coconut oil, cold and cut into small pieces
1 cup rolled oats
1/2 cup coconut sugar or maple crystals
1/2 cup almond flour (sub oat flour)
1 teaspoon vanilla extract
1/4 teaspoon sea salt
1/2 cup finely chopped nuts (optional)

Directions:

Preheat oven to 350° and lightly grease an 8 or 9" pie plate
Toss all filling ingredients together and pour into pie plate.
Combine the topping ingredients in a bowl and mix until it is a large crumb like texture
Sprinkle topping over filling.
Bake 45-60 minutes until the filling bubbles and the topping is golden brown.
*place sheet tray under pie plate to catch any spills

Fruit

apples
pears
berries
stone fruit (peaches, plums, nectarines)
pitted cherries
cranberries

Flavors

cinnamon
allspice
nutmeg
grated citrus zest: lemon, orange
grated fresh ginger
vanilla extract
almond extract: 1/4-1/2 teaspoon
(excellent with stone fruit)

Add-ins

dried fruit, soaked in warm water to soften
(drain liquid before adding)
chopped nuts

Nancy Ferraris

nancysnourishingkitchen.com

nancyferraris@me.com